



ZUMBA[®]

fitness

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness program. The high energy keeps the workout routines fresh and exciting. The cardio-based dance movements are easy-to-follow steps.

Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers and new exercisers. **No previous experience required.**

Location: Exercise Room, Adorni Center

Day: Tuesdays

Dates:

Fees:

Session 1 Jan. 26 – Feb. 23 \$40

Session 2 Mar. 2 – 30 \$32

(No class on March 16)

Session 3 April 6 – 27 \$32

Session 4 May 4 – 25 \$32

Session 5 June 1 – 29 \$40

Time: 12pm – 1pm

Drop-in Fee: \$10/class

Age: 15 & older

Class Size: 6 to 48

Instructor: Marla Joy

